Halifax Canadian keeps pace with American legend metroWEEKEND Your essential daily news | weekend, February 19-21, 2016

This business is 'hard core'

BAYERS ROAD

Vacuum Hut stays open - despite vehicle crashing into storefront



Yvette d'Entremont Metro | Halifax

Business started with a bang at the Bayers Road Vacuum Hut Thursday morning when a car drove through the storefront, damaging the interior and destroying 60 machines.

But owner Arch Adams kept the shop open and everything is expected to be business as usual on Friday.

"We are hard core here with 37 years in business. It wasn't that much longer after this (accident) that someone was outside in the parking lot and they needed a (vacuum) belt so we sold them a belt," said Doris Brown, the owner's

"The security guy actually jumped over the counter because we hadn't secured the counter by then and gave the belt."

Brown said it was nothing short of a miracle that no one had been injured or killed by the car or the flying glass. It was around 10:30 a.m. when the car came crashing through the large storefront picture window.

In addition to a damaged ceiling, wall and carpeting, large and minute shards of shattered glass flew everywhere. Among other things, the violence of the impact moved the store's large, heavy countertop about five feet and pushed a binnacle bolted to the floor clear across

"My mother and I were in the back room, I was sitting down trying to sew and there was this loud bang. The place shook," she recalled.

"I jumped out of my chair, my shoes flew off of my feet and I came



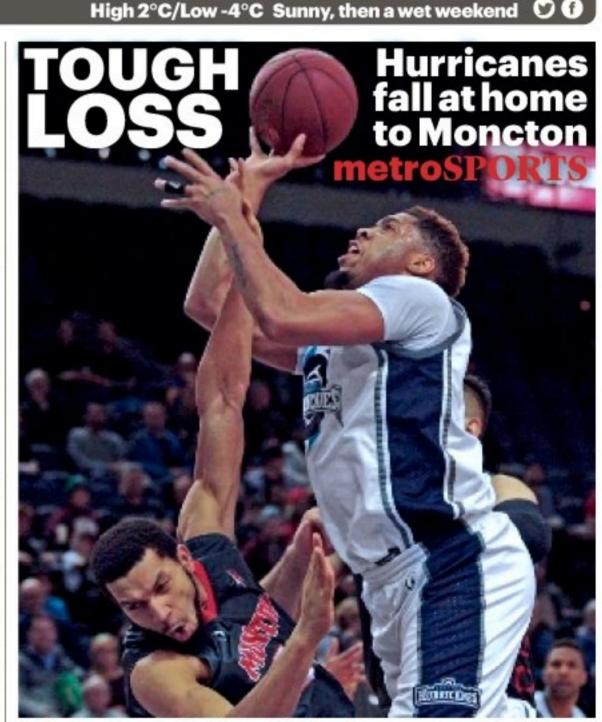
Doris Brown surveys the damage Thursday. YVETTE D'ENTREMONT/METRO

out here and I was like 'Oh. My. God. A running car."

Shaken and dabbing tears away from her eyes at one point, Brown expressed her relief that despite all the damage and the stress of the morning, no one had been injured.

"If I had a deposit this morning I would have been sitting there at the desk at that exact time," she said.

"My mother sometimes goes to the door and looks out. It is unbelievable."



Halifax Hurricanes' Mike Glover, right, knocks over Moncton Miracles' Kason Cheeks at the Scotiabank Centre on Thursday night. JEFF HARPER/METRO

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Your essential daily news

Pope says women can use contraception if threatened with Zika virus.



Lawyer Lyle Howe speaks to reporters after sexual assault charges against him were formerly dropped at Supreme Court in Halifax on Thursday. DARREN CALABRESE/THE CANADIAN PRESS

'I didn't deserve this': Howe

COURT

Sexual assault charge against Halifax lawyer dismissed



Haley Ryan Metro | Halifax

Lyle Howe says he will be a "better lawyer because of what I've dealt with" after a sexual assault charge against him was dropped, halting the possibility of a second trial.

After the Crown decided not to proceed with the high-profile case on Thursday, Justice James Chipman dismissed the charge of sexual assault in Nova Scotia Supreme Court.

When asked how he was

feeling, Howe told reporters he wouldn't describe it as happy "because it shouldn't have happened to begin with."

"My family and I went through hell, to say the least," he said.

"I've been dealing with hurdles like this my entire life. I don't know what's next because I didn't deserve this."

Howe spent two weeks in custody after being found guilty last May of sexually assaulting a 19-year-old woman in her Fairview apartment in March 2011, and sentenced to three years in prison in July 2014.

The Nova Scotia Court of Appeal overturned the conviction, and granted Howe a new trial on Sept. 3 of 2015.

In the appeal, Justice Dave Farrar said the trial judge failed to explain the concept of "honest but mistaken belief in consent" to the jury.

During deliberations, the jury had asked for a clarification of the legal definition of consent, as the case hinged on it. Howe told the jury the sex was consensual, while the complainant said she didn't remember what happened after a certain point in the evening.

The Crown's position that they dropped the charges because the complainant did not want to testify a second time is not the "full picture," Howe said, because she could have been compelled to take the stand.

Howe said the Crown had "no case" after a judge acquitted him of administering a stupefying substance, since the complainant had testified the amount of alcohol she drank wouldn't have caused memory loss, and added a video showed her entering the apartment "with all her faculties."

"She climbed up concrete steps, in the wintertime, wearing footwear that if you were incapacitated you wouldn't be able to make it up the stairs," Howe said with a slight laugh.

A main issue for Howe was the lack of African Nova Scotia jury members — the lone black juror was an international student — and white judges he dealt with throughout the initial trial and appeal process, he said.

"As a black person coming into this building, every time that I do I don't feel at home," Howe said.

"We should feel that when we step into the court that we're actually going to feel that we're getting a fair shake, equal to what a white person would."

The issue of race has been raised throughout the case, with a group of Howe supporters protesting his conviction and stating the legal system was biased against him as a black man.

The complainant's name is under a publication ban, but was posted on Facebook by a supporter of Howe. David Winslow Sparks, 62, was fined \$1,950 and sentenced to a year's probation for breaking the ban last March.

Although Howe has an ongoing disciplinary hearing in

TESTIMONY

Complainant declined to take the stand after 'grueling' first trial: Crown

The Crown prosecutor in the sexual assault case against Lyle Howe said the complainant did not want to face days of "grueling" testimony for a second time.

After a Supreme Court judge dismissed the sexual assault charge on Thursday, Dan Rideout told reporters that the woman's decision not to testify in a second trial "weighed heavily" in their decision.

Rideout said they did not want to compel the 22-year-old woman, took
the stand over multiple days
during the 2014 trial.
Rideout said the woman's
evidence was necessary
to proceed with the case,
and without it they did not
have realistic prospect of

complainant to take the

the unique nature of the

stand, "We had considered

case, including several days

of ... grueling testimony that

she had to go through the

first time," Rideout said.

The complainant, a

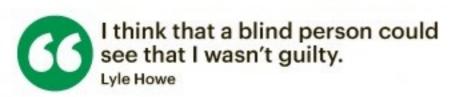
"Respecting her decision, we decided not to proceed," Rideout said.

conviction.

front of the Nova Scotia Barristers Society related to complaints of professional misconduct, he can practice at the moment and said he now truly understands what his clients go through.

"I'm going to be a better lawyer because of what I've dealt with. I have more empathy for my clients," Howe said.

"I'll certainly take this and put it to good use in terms of this experience."



Assault charge laid after NSCC stabbing



Police have charged a 21-yearold Halifax man after a stabbing at a NSCC campus in Dartmouth.

The incident at the NSCC Akerley campus happened



Police were called to NSCC in Dartmouth on Wednesday. JEFF HARPER/METRO

around lunchtime Wednesday inside the school's cafeteria, site principal Greg Russell told Metro shortly after the altercation.

He said there was a "brief" fight between two students, which was later broken up by campus security.

Police arrested a man shortly afterwards, and said the victim suffered a stab wound in a dispute they say isn't random.

The man was taken to hospital for treatment of non-life threatening injuries and has since been released, Metro has learned.

According to a source, the 22-year-old victim was stabbed by a type of screwdriver, that "went all the way in to his rib cage."

Police won't confirm what weapon was used.

They will only say the accused is charged with assault with a weapon and is due in court April 5.



The Darkside café in Dartmouth, JEFF HARPER/METRO FILE

Zoning spat in court

Art store-café battles for its business life



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Yvette d'Entremont Metro | Halifax

The owners of a Dartmouth art

store and café facing a munici-

pal zoning violation will next

appear in court April 4 to set

Hirons Mahon and Oliver Ma-

hon appeared for the second

time in Dartmouth provincial

The Darkside owners Megan

The woman suffered minor injuries and was treated and

Police have charged Travis Paul Hooper, 26, of Halifax with aggravated assault and assault.

Their first court appearance on Jan. 26 was brief, as the matter was moved to allow them to secure another lawyer. This was due to a possible conflict with lawyer Craig Arsenault, who represented both the Mahons and their landlord.

Arsenault told Dartmouth provincial court last month that a conflict of interest between the two clients had come to light and he thought it best if the Mahons were given time to find a new lawyer.

On Thursday morning, the pair showed up with their new lawyer and learned another conflict had cropped up.

"This is just another weird sticking point as to whether first month in business, mu-

We really believe we are in compliance.

Megan Hirons Mahon

or not the lawyer who used to represent us is going to be able to cross-examine us, essentially," said Hirons Mahon.

The Darkside's issues began shortly after its October 2014 opening. Zoning on the Windmill Road property allowed it to operate as an art store with an accessory coffee business.

During an inspection in the

nicipal officials determined that because The Darkside was selling more coffee than art, it was operating more as a café than an art store and was in violation of its zoning.

Hirons Mahon said she and her husband have received "a tremendous amount of support" from existing and new clients. They still hope something can be worked out with Halifax Regional Municipality before their April 4 court appearance.

"We are continuing on day to day and we really believe we are in compliance," she said.

"We don't believe that we have done anything wrong and we will keep fighting the good fight."

A Halifax man is facing charges in connection with an aggravated assault and assault that happened in Bedford in January. At about 7:44 a.m. on Jan.

Halifax man faces

two assault charges

30, police were called to Rocky Lake Road to investigate a report of a 33-year-old man and a 37-year-old woman who were assaulted by a man they knew.

When police arrived they

MBC

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found a man suffering from head and face wounds. He was transported to hospital for treatment of life-threatening injuries and was later released.

released at the scene.

Jury finds White's killer guilty of murder in second degree

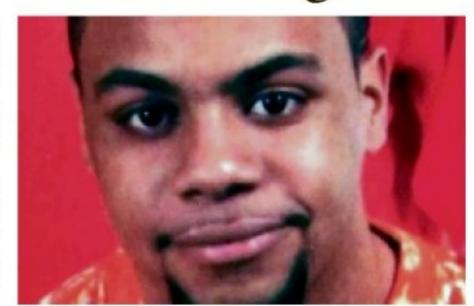
The jury in the murder trial of Kale Leonard Gabriel has found him guilty of second-degree murder in the death of Ryan Matthew White.

Gabriel, 27, was charged in 2013 with second-degree murder in connection with White's death.

The verdict came down Thursday afternoon, confirmed Chris Hansen, spokeswoman for the Nova Scotia Public Prosecution Service.

White was shot in the 100 block of Jarvis Lane in Mulgrave Park late on July 22, 2010. He was rushed to hospital but passed away the next morning.

Gabriel now faces an automatic life sentence for the murder, with parole eligibility to



Ryan White FACEBOOK

be determined.

According to the CBC, Gabriel was the last witness to take the stand at his trial and he

told court he and White were struggling for control of the gun when it went off.

YVETTE D'ENTREMONT/METRO

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Stephen McNeil speaks last week in Halifax. JEFF HARPER/METRO

Drug plan hikes nixed

Government admits changes were poorly conceived

The Nova Scotia government abruptly shelved plans to increase drug plan premiums for seniors Thursday, bowing to intense pressure from advocacy groups and admitting to a string of communication snafus.

Premier Stephen McNeil said the changes came too quickly for seniors, were poorly communicated and burdened some with heavier payments.

"We were correcting the problem for low-income seniors and we actually shifted the problem to middle-income seniors," he said. "That was an unintended consequence to our decision. We didn't anticipate that happening."

The changes to pharmacare were introduced last month, but the government statement that announced the new measures failed to clearly spell out the impact on premiums.

The statement focused on the fact that 12,000 low-income seniors who were paying premiums would become exempt under the new system. As well, a letter sent to seniors outlining the changes didn't explain them accurately.

The Nova Scotia Health Coalition later complained to the province's Ombudsman's office over the Health Department's poor communication, saying the department's messages were incoherent.

As well, seniors groups complained that couples and individual seniors were being treated differently, and there

was outrage over the government's plan to raise the maximum premium from \$424 to \$1,200.

Bill Berryman, chairman of the Seniors' Advisory Council, said the government listened to the group's concerns and responded quickly.

"We look forward to continuing our dialogue during the upcoming consultation process and anticipate changes which will be agreeable to seniors in Nova Scotia," he said in the statement.

The premier confirmed Thursday premiums will be frozen and the maximum payment will remain at \$424 a year per person. That means every Nova Scotian who belongs to the program will pay the same premium or less.



The government tried to tell seniors they needed to pay more to make the program sustainable. That wasn't true.

PC leader Jamie Baillie

Seniors on a guaranteed income supplement will continue to be exempt from paying premiums and the co-payment will remain at 30 per cent per prescription to a maximum of \$382 per year.

As well, McNeil said the province would move ahead with its plan to eliminate premiums for about 12,000 lowincome seniors while reducing premiums for some others, measures that will cost the province about \$3 million annually. THE CANADIAN PRESS

Indigenous band fights natural gas facility

An indigenous band in Nova Scotia is challenging the provincial government's recent decision to approve a new underground natural gas storage facility.

The Indian Brook First Nation has issued a statement saying it will submit an appeal to the provincial environment minister, saying the Alton Natural Gas storage facility north of Halifax should not be built.

The band says the appeal is aimed at the industrial approval granted to Alton to operate a brine storage pond at Fort Ellis, N.S.

Environment Minister Margaret Miller says work will proceed while the appeal is being considered. "The approval allowed for

work to proceed immediately. It doesn't stop when there's an appeal," said Miller on Thursday following a cabinet meet-

Miller says the deadline for appeals is Monday and she has

The approval allowed for work to proceed immediately.

Margaret Miller

60 days to render a decision. Last month, Energy Minister Michel Samson said the province believes the project is safe and doesn't threaten the environment.

Samson said the province granted approval after a thorough scientific assessment and consultations with the Assembly of Nova Scotia Mi'kmaq Chiefs and the Indian Brook First Nation.

The project was put on hold in late 2014 after Mi'kmaq protesters complained that the company had failed to consult with the local native community.

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Rebecca Gilligan and MLA Patricia Arab share a story with some children at the Fairview Family Resource Centre on Thursday morning. REBECCA DINGWELL/FOR METRO

Family support program expands

PARENTING JOURNEY

Focus on early intervention, prevention, says area MLA



Rebecca Dingwell For Metro | Halifax

Rebecca Gilligan remembers the first time she came to the Fairview Family Resource Centre.

"As soon as I walked in, I felt extremely welcome and I knew that I would be back," Gilligan said Thursday. "Over the past five years, it has become like a second home for myself and my children."

Now, Gilligan is taking on the role of parent and resource worker as part of the Parenting Journey program. The program is a branch on Stronger Families

Nova Scotia, described as "a provincial expansion of support for parents and children."

The program's expansion to Fairview was announced at the centre on Thursday morning. Area MLA Patricia Arab was in attendance, on behalf of Community Services minister Joanne Bernard.

"The ability to raise healthy families and children who thrive is what we all want," Arab told a group of parents and staff. "This funding will help parents in Fairview-Clayton Park raise healthier and happier children."

Arab explained Parenting Journey is part of a larger investment in a group of programs focused on early intervention and prevention initiatives.

"Our goal is to work more closely with important community partners, like the Fairview Family Resource Centre, and to meet the diverse needs of families who need the support most," she said.

Parental Journey will be reaching 15 new communities across the province, with announcements on those locations taking place at a later date.

Deborah Marriott, interim director at the centre, said the initiative would help them work with families on an individual basis.

"It will allow the Parenting Journey staff to work directly in the home with families, where they may feel more comfortable." said Marriott.

The funding will also allow them to provide things such as bus tickets to families.

"The impact on the community will be to reach more vulnerable families with children ages three to 16 years," she said.



IN BRIEF

Three arrested for alleged hashish trafficking

Three Halifax area residents were among four arrested in Truro Wednesday on drugrelated charges.

At about noon, Truro police and RCMP arrested four people and allegedly seized a large quantity of hashish after locating a vehicle suspected to be involved in drug activity.

Two women, aged 23 and 43, and one 39-year-old man, all from the Halifax area, were arrested and are facing charges for possession for the purpose of trafficking.

The three will be

appearing in court May 4.

Botched store robbery leads to man's arrest

A 25-year-old man is facing charges following a robbery at a business early Thursday morning.

Police were called to a business in the 1200 block of Queen Street around 12:40 a.m. to respond to a report of a lone man who entered a business and placed a note on the counter indicating he had a gun and wanted money.

The store employee read

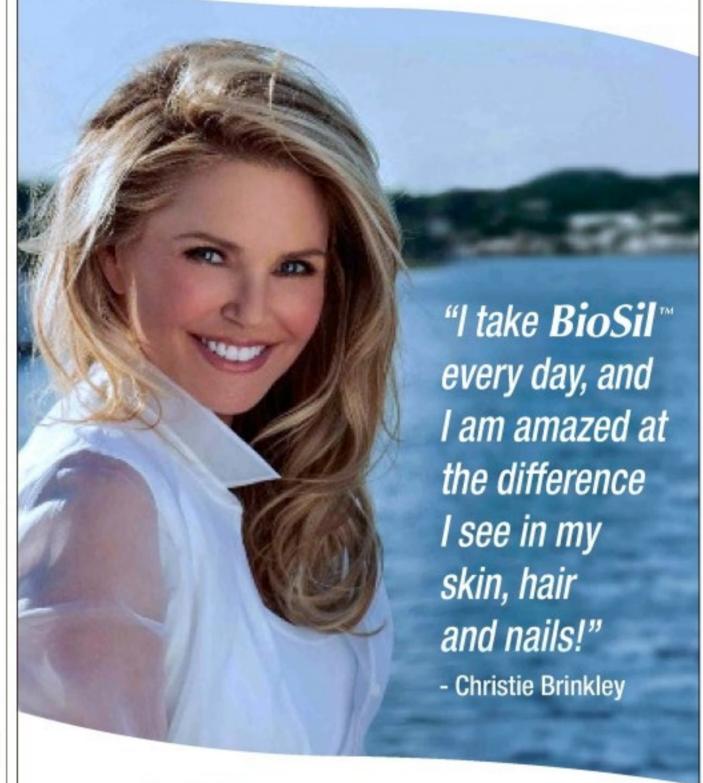
the note and ran to the back of the store. The suspect had a fire extinguisher with him, which he emptied before fleeing the business without any money.

There were no physical injuries to any employees at the business

A police dog tracked the suspect behind an address on Morris Street, a short distance away from where the incident occurred.

The man was scheduled to appear in court in Halifax Thursday morning to face robbery charges. METRO

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Dartmouth security firm paid close to \$500K by hospital

While the Aberdeen Hospital in New Glasgow spent close to \$500,000 on extra security in 2014-15 without a tender being issued or a signed contract in place, a spokesperson for the Nova Scotia Health Authority said a more efficient system is now being used.

"Today there's a much different system than when that service was in place," said Everton McLean.

On Thursday, CBC News reported that during the time period looked at, a private security firm had been hired to watch patients who were confused or aggressive.

Documents obtained through the freedom of information act show that RMG Risk Management Group of Dartmouth was paid \$461,129, and in some cases guards were being paid when they didn't have any patients to monitor.

McLean said the practice began five or six years ago and at the time three private security guards worked the day shift, and three worked the night shift. This was in addition to commissionaires who also worked at the hospital. "It was meant to meet an im-

Police say an elderly man

is in hospital with what are

believed to be life-threaten-

ing injuries after a crash on

Highway 102 near Halifax.

mediate need of the patient population such that they needed additional security."

While patients needing to be watched could have different issues, McLean gave examples of people with dementia or mental health



(The practice) was meant to meet an immediate need of the patient population such that they needed additional security. Everton McLean

issues. "It's anything where a patient needs to be observed to make sure they don't cause harm to themselves."

At the time, the hospital was governed by the Pictou County Health Authority, but in April 2015 the Nova Scotia Health Authority replaced all local boards. McLean explains that when the new governing body was formed, a review

Driver badly hurt after crash

say the single-vehicle acci-

dent took place Thursday

evening around 8 p.m. at the

ramp at Exit 2 outbound at

Kearney Lake Road. The driv-

found the wasteful spending.

"There were some shifts without guards having anybody to watch. It was identified at the beginning of August as being an issue," he said. "They cancelled that practice as it was no longer required."

In November, the NSHA awarded a contract to Paladin Security from British Columbia to provide security services at all hospitals in the province, replacing Commissionaires Nova Scotia and other private companies. McLean said this provides financial efficiencies.

"The contract was used to set a consistent standard of security service across Nova Scotia. They have a defined contract that sets out the work they do."

TC MEDIA



Everton McLean said no complaints or issues have occurred since the new security company was hired.

was the only person inside

the vehicle, a police release

states. Exit 2 onto the 102

was closed to traffic for sev-

eral hours as police investi-

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TUITION PLEDGE



The Mi'kmaq flag is raised in front of St. Mary's University Thursday. JEFF HARPER/ METRO

Flying the flag for diversity at Mary's

FIRST NATIONS

History made at university as Mi'kmaq banner is raised



Rebecca Dingwell For Metro | Halifax

For the first time, Saint Mary's University is flying the Mi'kmaq Nation flag on its campus.

"This is important for us at Saint Mary's, as we look at the ways in which we can support the indigenization of education at the university," said Dr. Robert Summerby-Murray, Saint Mary's president.

The raising of the flag was

in honour of Dr. Don Julien, executive director of the Confederacy of Mainland Mi'kmaq, who was visiting the school on Thursday.

"They are recognizing the contribution of Mi'kmaq people within Saint Mary's University," said Julien. "I took some courses here in the early days ... so I have a connection to Saint Mary's."

Julien and Summerby-Murray met to build upon the MOU signed by each of them in October around the Mi'kmaq Place Names Digital Atlas and

Julien recalled presenting the flag to Summerby-Murray as a gift, at the same time challenging him to raise it on school grounds.

"Today is a wonderful day because he has honoured us in

I think it helps show (people) a larger picture and also give them courage.

Trudy Sable

flying the flag at Saint Mary's University for the first time," Julien said.

Trudy Sable, project director for the digital atlas, is pleased the flag that was presented at the project's initial launch is now at the school for all to see.

The digital atlas has been in the works for 15 years.

"Plus, many of our students have been researchers," Sable said. "We had almost 20 First Nations interns on that project."

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IN BRIEF

Linacy woman charged in stabbing attack

A 26-year-old Linacy woman faces an aggravated assault charge after allegedly stabbing a man during the early morning hours Monday.

Pictou County RCMP said Thursday that they've released Natasha Ann Mattie from custody, adding she will appear in Pictou provincial court Feb.

Officers responded to the stabbing at a Linacy residence at about 1:30

a.m. on Feb. 15, police said. Officers found a 20-yearold New Glasgow man inside suffering from a stab wound. He was taken to Halifax hospital with nonlife-threatening injuries, according to an RCMP news release. METRO

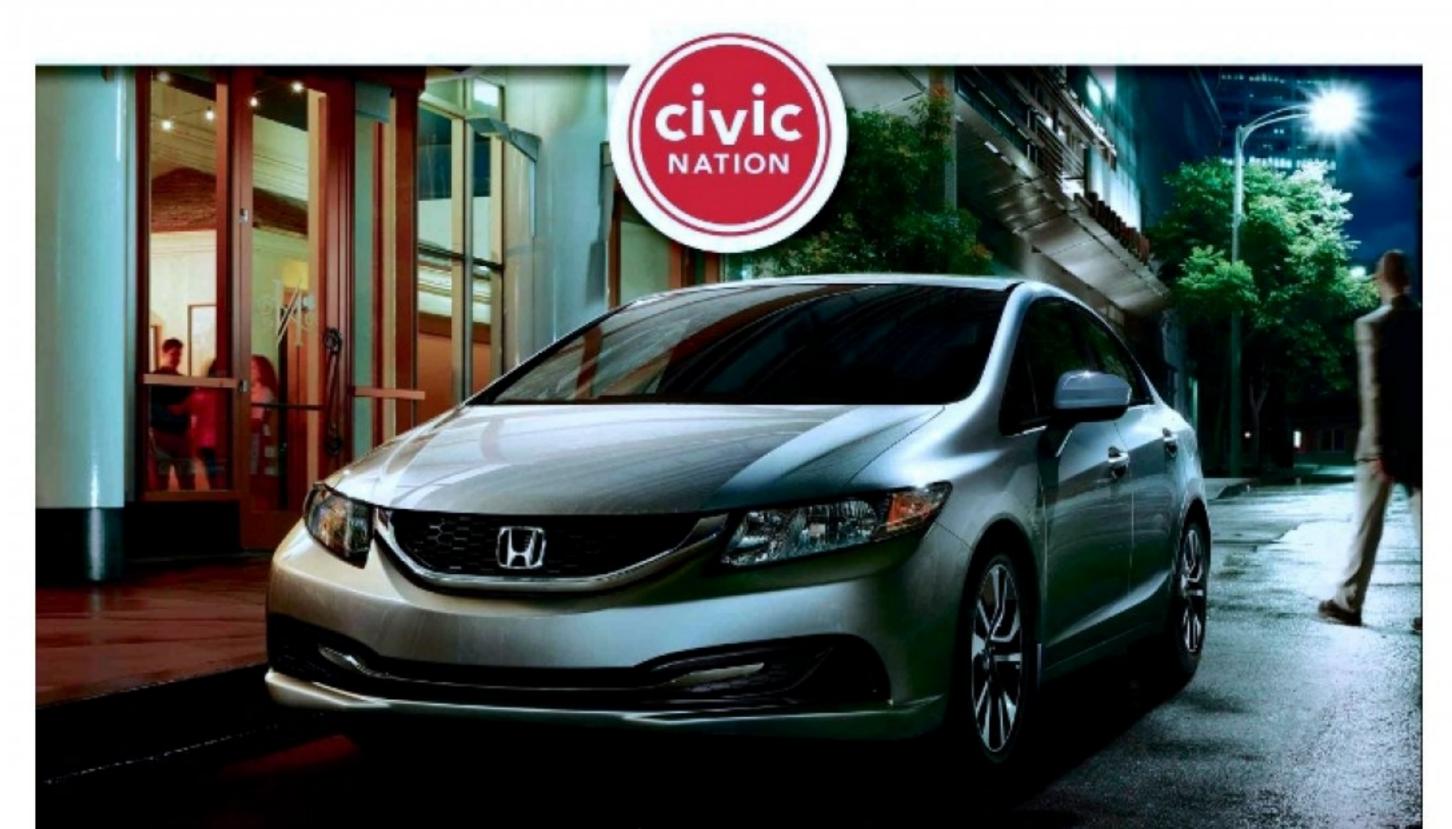
Halifax police search for suspect in home robbery

The Mounties are on the look-out for a man who robbed a Hubley home Thursday afternoon.

The suspect walked up to the door of a residence between the 4000 and 5000 block of St. Margarets Bay Road, took out a firearm and "demanded the homeowner's cellphone" at about 12:30 p.m., a Halifax RCMP news release said.

He was described to police as a white man in his 20s with facial hair. He took off in a black Volkswagen

Anyone with information is asked to call Halifax RCMP at 902-490-5020 or Crime Stoppers anonymously at 1-800-222-8477. METRO



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The justice system is not about repairing damage' A judge's verdict in the second degree murder trial of a content of the second degree degree murder trial of a content of the second degree deg

Father of boy killed in crash speaks out in wake of trial

Tom Servaes has been through

The Bedford resident is speaking out after the Feb. 16 sentencing of the man responsible for his little boy's death near Falmouth.

"I'm not angry," Servaes said. "I'm disappointed that ... the criminal justice system is ... not built on the underlying premise of repairing the damage, or inquiring about how the damage could be repaired."

Despite living through a parent's worst nightmare, Servaes is hopeful changes can be made to the justice system for victims.

Mohammad Younus' 18-wheeler slammed into the back of a vehicle stopped at a construction site on Highway 101 on July 9, 2013.

Evan Servaes, 6, was killed as a result of the injuries he sustained in the crash. A little girl in the car received serious injuries, including a concussion and fractures to the eye orbital.

Younus was sentenced to 28 months in federal prison on Tuesday for dangerous driving causing death and dangerous driving causing bodily harm. He is prohibited from driving



Evan Servaes was killed by the impact of Mohammad Younus's 18-wheeler. CONTRIBUTED/TC MEDIA

for seven years.

The Montreal-based truck driver expressed remorse for his actions at the hearing.

A Punjabi interpreter told the court Younus asked "forgiveness from the victims' family" and "forgiveness from

Servaes said that moment

Revenge is not justice, so no punishment could go anywhere, make any headway, towards justice for the victims.

Tom Servaes

in court was the first time he heard anything from the people involved in the crash.

"I know that Mr. Younus said he was remorseful," he continued. "I don't know what that means because that was the first time that he had expressed that, and it wasn't addressed to us it was addressed to the judge."

Servaes said the people there for the victims are often family members and friends - or complete strangers.

The Dawson family, who were driving Servaes' son the day of the crash, were among the first to offer comfort.

"They were the first supports to us when we saw each other in the hallway of the IWK ... which I think is where the beginnings of that gap (in the justice system) became obvious to me," Servaes said.

People rallied to provide love, support and financial help as the Servaes family grappled with the loss. A funeral home provided Evan's memorial service free of charge. Servaes said he could never repay those who helped.

"I can honestly say that I owe some people my life," he said.

He added there was no help or sentence the justice system could dole out that would be satisfactory.

"It's very simple. Revenge is not justice, so no punishment could go anywhere, make any headway, towards justice for the victims," he said.

Servaes said he would like to see a more restorative justice approach. He said that would be more in line with Canadian values and would give victims a chance to come to terms with their loss, TC MEDIA

moved up

A judge's verdict in the seconddegree murder trial of a Glace Bay man charged in the death of a 19-year-old woman is now scheduled to be delivered March 21.

Supreme Court Justice Robin Gogan is scheduled to deliver her verdict then in the case of Thomas Ted Barrett, 41, who is charged with the 2006 death of Brett Elizabeth McKinnon, also of Glace Bay. When the judgealone trial concluded earlier this month, a verdict date in April was assigned with the understanding it could change depending on the availability of lawyers and the judge.

Barrett is accused of strangling McKinnon and concealing her body in a carpet before disposing the remains.

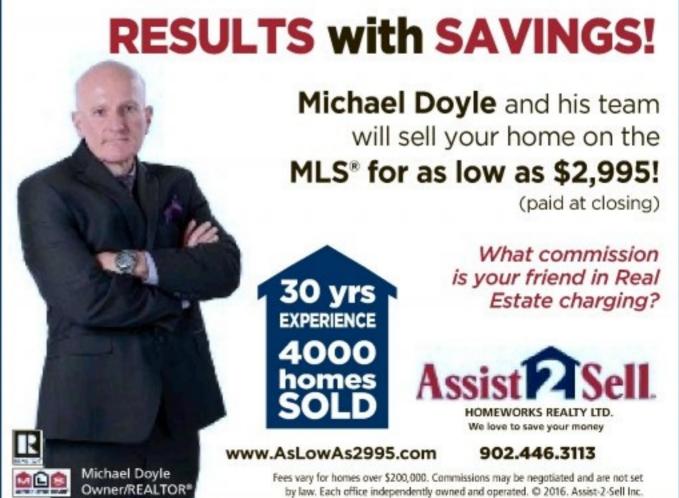
McKinnon was first reported missing in July 2006 and her remains were not discovered until 2008. The last time Mc-Kinnon was seen was at Barrett's home. Two Crown witnesses said Barrett admitted to them he had killed McKinnon while two others said Barrett admitted to killing someone but never identified the individual.

THE CAPE BRETON POST



Thomas Ted Barrett TC MEDIA





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Syrian refugee plan gains slight support

RESETTLEMENT

Poll finds many Canadians still remain at odds over program



Thandi Fletcher Metro Vancouver

Support has grown slightly for Canada's plan to resettle 25,000 Syrian refugees by March 1, but Canadians still remain at odds over the issue, results of a new poll show.

More than half of Canadians (52 per cent) support Prime Minister Justin Trudeau's plan to bring 25,000 Syrian refugees to this country by March 1, while 44 per cent oppose the plan, according to an Angus Reid Institute poll.

That's an increase of eight percentage points in support of the plan since the institute's last poll on the issue in November, conducted shortly after the

terrorist attacks in Paris, which found 54 per cent of Canadians opposed and 42 per cent in support of the plan.

Shachi Kurl, executive director of the Angus Reid Institute, said the increase in support might be due to the Liberal government's decision to push back the deadline from Jan. 1 to March 1.

"Canadians are still deeply divided on this issue," Kurl told Metro. "But what we can take away from this is ... really that extension of two months took

Coverage

The federal Liberals are ripping up a patchwork system of health-care coverage for newly arrived refugees and those seeking refugee status in favour of blanket coverage for all, beginning in April. Starting in 2017, they'll also extend coverage to certain refugees before they even arrive in Canada. THE CANADIAN PRESS

a lot of the heat off and certainly enabled a lot of people to change their thinking on the

But the growth in support for refugee resettlement hasn't alleviated fears about the speed of the process.

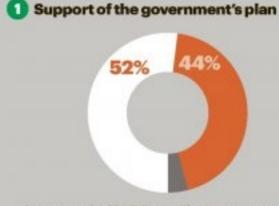
plan overall."

According to the poll, 59 per cent say the deadline is too soon, while 37 per cent say it's about right. Only four per cent say things are moving too slowly. Those most in favour of the refugee resettlement plan are among those who feel the March 1 deadline is too ambitious.

"People are still concerned about the security aspect," said Kurl, adding that fewer than one-in-three respondents (31 per cent) say they feel the screening process is adequate, while 37 per cent believe it is inadequate and 32 per cent are unsure.

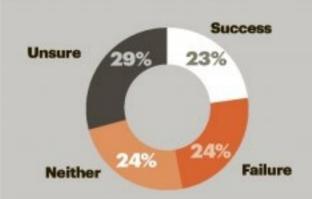
Regionally, support for the refugee plan is highest in British Columbia and Atlantic Canada, with 61 per cent in support and 60 per cent in support, respectively, and lowest in Alberta, with 41 per cent in support.

BY THE NUMBERS | Canadian refugee resettlement plan



Just over half of Canadians support the government's plan, while 44% oppose it.

Outlook on the plan's legacy



Canadians are evenly divided on what the legacy of the resettlement program will be, with roughly the same number saying it will be viewed as a success, a failure, or neither 15 years from now (29% are unsure).

Regionally, Canadians remain divided about the plan, with support for it highest in British Columbia and Atlantic Canada, and lowest in Alberta.



Should we bring more refugees?

Atlantic Canada



Roughly two-in-five (42%) say Canada should stop taking in Syrian refugees immediately. The rest either say the country should stop at 25,000 refugees (29%), or accept even more (29%).

ANDRES PLANA/METRO

Plight of Shoal Lake heads to world stage

Austin Grabish For Metro

Linda Redsky is packing her bags, leaving her isolated community and preparing to share the plight of Shoal Lake 40 on the world stage.

Shoal Lake, which lies on the Ontario-Manitoba border, provides the City of Winnipeg with clean drinking water, but has been under a boil-water advisory itself for nearly two decades and is cut off from the mainland.

Redsky and possibly a second

band member will join the Human Rights Watch at the United Nations in Geneva on Monday as the rights watchdog presents a report detailing its preliminary findings on Shoal Lake 40 and three other Ontario reserves.

The presentation will be made to the UN committee on economic, social and cultural rights, which is reviewing Canada's track record on human rights.

The group started investigating living conditions on Shoal Lake, Neskantaga, Batchewana, and Six Nations of the Grand River Territory last year after Shoal Lake started making headlines.



Linda Redsky at Shoal Lake First Nation in 2015.

THE CANADIAN PRESS FILE

Redsky, 55, has fallen through an ice road while trying to cross into the community during the winter, and recently had to temporarily relocate off-reserve to Kenora, Ont., so her foster son could attend high school.

She said she's seen the plight of her community get worse over the years "as I've watched the people continue to go across."

"I've seen vehicles going through. The loss of life," she said.

Redsky said the boil-water advisory has also made it almost impossible to bathe on the island.

IN BRIEF

Nunavik prisons reviewed Quebec's ombudswoman released a report Thursday that paints an unflattering picture of the conditions faced by Inuit inmates in the province's north.

Raymonde Saint-Germain's investigation last year found various violations, including unusable sanitary facilities, bad odours, soiled bedding, dirty cells and overpopulation.

"It's not far off the Third World," Saint-Germain said after the report was tabled in the national assembly. THE CANADIAN PRESS

Bad news for economy

The OECD has cut its projections for Canadian, U.S. and global economic growth over the next two years and urged governments to respond to help strengthen demand.

"The world economy is likely to expand no faster in 2016 than in 2015, its slowest pace in five years," the Parisbased economics think-tank said. "Trade and investment are weak. Sluggish demand is leading to low inflation and inadequate wage and employment growth." THE CANADIAN PRESS

VISUAL IMPAIRMENT

Blind photographer exhibit aims to break down stereotypes



John Olson, co-founder of 3DPhotoworks, shows off his new 3D-printing technology heralded as a breakthrough for people WITH VISION LOSS. JOHN WOODS/THE CANADIAN PRESS

When amateur photographer Tara Miller lost most of her vision in high school, she did what most people would expect — she put her camera away.

It wasn't until years later that Miller picked up a camera again and discovered a much richer experience. She used her keen hearing, the feeling of the lens focusing on a subject and even her sense of smell to frame an image.

"When I'm composing an image, I'm not really using my eyesight," said Miller, now a professional commercial photographer in Winnipeg.

"There's no difference with us being visually impaired or legally blind photographers. If we're comfortable in what we're shooting, we're going to get that same result as someone who's fully sighted."

Blind photographers like Miller are hoping a new exhibit at Winnipeg's Canadian Museum for Human Rights, opening to the public this weekend, will help showcase talent and break down stereotypes surrounding the visually impaired.

The exhibit entitled "Sight

Unseen: International Photography by Blind Artists" features over 100 works but also uses 3D technology to allow those with vision loss to feel some select photos with their fingertips while touch sensors in the prints set off descriptive audio.

One photographer's work is embedded with braille while another is accompanied by a topographical print-out of the photo, which can be touched by visitors.

"It does a great job of expanding the perception, the expectations and pre-conceived



The more people can be exposed to this, the more there's just a general awareness.

Corey Timpson

biases that people would have," said Corey Timpson, the museum's vice-president of exhibitions, research and design. THE CANADIAN PRESS

SEX ASSAULT CHARGES

Cosby wants refund on hush settlement

Bill Cosby is demanding that the accuser in his criminal case repay a confidential sexabuse settlement because she co-operated with police who reopened the case and arrested him last year.

Cosby, 78, filed a sealed breach-of-contract lawsuit this month that said the settlement barred Andrea Constand from "voluntarily" discussing the case with law enforcement.

The suit said Constand had no legal duty to co-operate with Pennsylvania authorities because she lives in Canada. The interviews she and her mother gave to investigators last year were therefore "voluntary" and violated the settlement terms, the suit said.

"Despite being under no

legal obligation to discuss any aspects of the events and allegations ... and despite being expressly prohibited from disclosing such information to anyone, Andrea Constand volunteered to participate and dis-closed such information to the district attorney and others," Cosby's lawyers wrote in a redacted suit filed Thursday.

Cosby faces up to 10 years in prison if convicted of sexually assaulting Constand at his suburban Philadelphia home in 2004. He has not yet entered a plea, but his lawyers have vowed to clear his name. Constand, 43, is now a massage therapist in Toronto.

His lawsuit against her also names her mother and lawyers as defendants. THE ASSOCIATED PRESS



Iragis cheer as they arrive. ALL PHOTOS KARIM KADIM/THE ASSOCIATED PRESS



An Iraqi family returning from Europe waits for their luggage at Baghdad International Airport.



Travellers kiss the ground at Baghdad airport.

Back to Baghdad for Iraqi refugees

INTERNATIONAL EFFORT

More than 100 people fly home to Iraq from Finland

Emotional scenes unfolded at the Baghdad International Airport on Thursday as dozens of Iraqis who had sought refuge in Europe returned home.

More than a hundred Iraqis, mostly young men, landed in Baghdad on a flight from Finland. Some kneeled, kissing the ground. Many were holding the so-called "yellow pass-

port," travel documents issued by Iraqi embassies in Europe and elsewhere.

"It's too difficult to live there," said one of the women, Um Ealia, who declined to be identified by her full name fearing for her own security. "I've come back home. I feel happy. I have good memories in Iraq."

She was one of 103 people who returned to Iraq Thursday, according to Foreign Affairs Ministry spokesman Ahmed Jamal.

Over the past 12 months thousands of Iraqis are estimated to have returned home from Europe, citing lack of economic opportunity due to language barriers, cold weather and cultural differences as the reasons for going back after often harrowing journeys by sea and land that can take weeks.

The Geneva-based International Organization for Migration says it helped nearly 3,500 Iraqis return from Europe in 2015 alone. But the OIM says that is just a fraction of the total estimated number as many return by their own means.

In 2015, an estimated 70,000 Iraqis joined the tide of refugees and migrants making the thousands of miles long journey to Europe in an effort to escape war and poverty across Africa, the Middle East and South Asia from Iraq. THE ASSOCIATED PRESS

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A flight to the Finnish

The flight was organized by the Helsinki Police Department, which has organized flights for returning migrants for more than a decade and said they are ready to continue similar chartered flights between Finland and Iraq to meet a growing number of returning Iraqis, according to Det. Supt. Hannu Pietila.

NOVA SCOTIA



Feb. 2. JAMES ROBINSON/PENNLIVE.COM/THE ASSOCIATED PRESS

Turkey vows retaliation

IN BRIEF

Turkey blamed Kurdish militant groups at home and in neighbouring Syria on Thursday for a deadly suicide bombing in Ankara and vowed strong retaliation for the attack. The rush-hour car-bomb attack on Wednesday targeted buses carrying military personnel, killing 28 people and injuring dozens. THE ASSOCIATED PRESS

Karadzic verdicts March 24

The Yugoslav war crimes tribunal says it will announce the verdicts against former Bosnian Serb leader Radovan Karadzic March 24, following his long-running trial on charges including genocide for allegedly masterminding Bosnian Serb atrocities throughout the Bosnian war.

THE ASSOCIATED PRESS







Obama to talk human rights on Cuba trip

DIPLOMACY

Meeting with advocates a condition of historic visit

President Barack Obama said Thursday he'll raise human rights issues and other U.S. concerns with Cuban President Raul Castro during a history-making visit to the communist island nation.

The brief visit in mid-March will mark a watershed moment in relations between the U.S. and Cuba, making Obama the first sitting U.S. president to set foot on the island in nearly seven decades. While in the country, Obama plans to meet with groups advocating for change in Cuba, a condition the president had laid out publicly for such a trip.

Cuban Foreign Trade Min-

ister Rodrigo Malmierca, on a visit to Washington, told The Associated Press that Obama's visit is good news for Cuba.

"The president will be welcomed," he said in Spanish.

The U.S. was estranged from the communist nation for over half a century until Obama and Cuban President Raul Castro moved toward rapprochement more than a year ago.

Since then, the nations have reopened embassies in Washington and Havana and have moved to restore commercial air travel, with a presidential visit seen as a key next step toward bridging the divide.

Ben Rhodes, Obama's deputy national security adviser, said the president will carry the message that the U.S. and Cuba need not be defined by their "complicated and difficult history."

THE ASSOCIATED PRESS

We still have differences with the Cuban government ... America will always stand for human rights around the world. President Obama









Kainaat Soomro sits in her home. She was 13 years old when three men kidnapped her, held her for several days and raped her.

Sidra Kamwal was the victim of a horrific acid attack.

When Azra was 18, her family sold her to an older man - now she fights for a divorce. ALL PHOTOS: SHAKIL ADIL/ THE ASSOCIATED PRESS

Pakistani women still fighting for justice

Kainat Soomro was 13 years old and on her way to buy a toy for her newborn niece when three men kidnapped her, held her for several days and repeatedly raped her.

Eight years later, she is still battling for justice. She sits on a steel-framed bed in her parents' three-bedroom home, and holds her blue shawl tight around her body. When she describes the horror of her captivity, her voice is barely a whisper, but it gains strength when she talks of the fight she has been waging: going to Pakistan's courts, holding protests, rejecting the rulings of the traditional Jirga council,

taking on the powerful landlord and politician who she says are protecting her attackers.

The Associated Press does not usually identify victims of sexual abuse, but Kainat has gone public with her case. Her battle for justice has inspired an award-winning 2014 movie, Outlawed in Pakistan. Malala Yousefzai, the Pakistani teenage Nobel Peace Prize winner who was shot by the Taliban, invited Kainat to the Nobel award ceremony, and her fund has given Kainat financial help.

Yet Kainat's family has paid a high price for her bravery. One sister remains unmarried and

Each year a gamut of promises is made for the protection and development of women, but (they) remain unfulfilled. Excerpt from the Human Right Commission's 2014 report

another was divorced because her in-laws were ashamed to be associated with Kainat. In 2010, her brother was killed over his sister's refusal to stay silent.

Clutching a gold-framed picture of his son, Ghulam Nabi Soomro spat out words of condemnation. "They know about our troubles thousands of miles away but here in the next street

no one is helping us get justice," he said.

In Pakistan, women are often too fearful to report sexual violence, yet the independent Human Rights Commission of Pakistan recorded 423 rapes and 304 gang rapes last year. It also said that last year at least one woman a day was killed in the name of honour. THE ASSOCIATED PRESS

WILDLIFE

Argentine beach passed

around a young dolphin

The baby La Plata

dolphin - also known as

a Fransicana dolphin and

considered a vulnerable

species - was found on

Santa Teresita beach.

ANDREW FIFIELD/METRO

for selfies until it died from

after a crowd on an

dehydration.

Crowd poses with beached baby dolphin until it dies Wildlife groups are furious

ECOLOGY

Hair-raising tumbleweed crisis in rural Australia



Irene Kuan For Metro

There's a "hairy panic" in the rural city of Wangaratta, northeast of Victoria, Australia.

This term may have caught your attention, but what this

"hairy panic" is referring to are fast-growing, out-of-control tumbleweeds that are overtak- massive fire hazard. ing properties, covering furniture and blocking entrance ways to

homes and garages. Although residents say the tumbleweeds are a common nuisance, the unusually dry conditions have made them un-

bearable this year. Wangaratta resident Matt Thewlis posted photos of the bizarre situation to the Rural City of Wangaratta's Facebook page asking for help, citing the weeds as "a massive fire hazard."

Residents told Australia's 7 News they spend hours every-

day digging their way out of the colossal tumbleweeds (The weeds) are a all to have the pesky grass pile back up in the Post on Wangaratta's

morning. Facebook page The "hairy panic" in Wan-

garatta has the media's attention too with coverage across Australian outlets and major international broadcasters like the BBC.



Tumbleweeds have taken over an Australian city. They are everywhere, overgrowing

in backyards, and blocking entrances to homes in Wangaratta. FACEBOOK.COM





FACEBOOK.COM

Tourists with the dolphin.

Zika causing modest drag

ECONOMY

Virus' threat decreases region's GDP by 0.6%

The spread of Zika will have a modest drag on economies in Latin America, with tourismdependent Caribbean nations most at risk, the World Bank said Thursday. It made \$150 million immediately available to help fight the virus.

The World Health Organization has declared a global health emergency in response to the Zika outbreak and the U.S. is urging pregnant women to avoid travel to the 26 nations and territories in the Americas where Zika is present because researchers have identified possible links between the virus and rare birth defects.

But despite the scare, the World Bank says the impact from the epidemic is likely to be small.

In a report, it estimates lost revenue will total only \$3.6 billion, or about 0.6 per cent of the region's gross domestic product. That would come from reduced travel to the region and sick employees missing work, while anti-mosquito efforts will strain already tight national budgets.

The forecast assumes the regional and international response to the virus is swift and well co-ordinated.

"Our analysis underscores the importance of urgent action to halt the spread of the Zika virus and to protect the health and well-being of people in the affected countries," Jim Yong Kim, president of the Washington-based World Bank, said in a statement.

While a number of countries have reported a rash of business conference and wedding cancellations, hotels were booked full and the mood as festive as ever during this month's Carnival celebration in Brazil, the epicentre of the epidemic. In Rio de Janeiro, average hotel occupancy was 86 per cent during the festivities, an increase of almost three percentage points over the previous year, according to the Brazilian Hoteliers' Association. THE ASSOCIATED PRESS



Mara Torres, eight months' pregnant, looks at a mosquito net placed over her bed Wednesday in Cali, Colombia. The spread of Zika will modestly affect Latin American economies, with tourismdependent Caribbean nations most at risk, the World Bank says. Luis ROBAYO/AFP/GETTY IMAGES

DIGITAL PRIVACY

Apple, U.S. clash over encryption

Battling in intense public broadsides, Apple Inc. and the government are making their cases before anyone steps into a courtroom over a judge's order forcing Apple to help the FBI hack into an iPhone in a terrorism case.

Apple has until next Tuesday to protest in court the decision by U.S. Magistrate Judge Sheri Pym in California.

Is Apple adequately co-operating with federal agents investigating the deadly terrorist attack in San Bernardino, Calif.? It depends on who you ask. The White House is stressing it wants help to unlock only the work-issued iPhone used by Syed Farook, who along with his wife killed 14 people in December.

The FBI is "asking for something that would have an impact on this one device," said spokesman Josh Earnest.

But Apple says bypassing the phone's encryption would threaten customer privacy: "While the government may argue that its use would be limited to this case. there is no way to guarantee such control," said Apple CEO Tim Cook. THE ASSOCIATED PRESS

Shopify calls on feds to abandon tax plan

The CEO of one of Canada's upand-coming tech companies is calling on the federal government to abandon its plan to expand taxation of stock options, saying the move will make it more difficult for startup firms to attract talent.

Tobi Lutke said the Liberal proposal would have made it more difficult to launch his Ottawa-based company, Shopify.

"It would have been harder to build Shopify with the taxation being the way that it's proposed," he said in an interview.

During last year's federal election campaign, the Liberals promised to cap how much can be claimed through stock option deductions. The party said employees with up to \$100,000 in annual gains would be un-

affected, a move it said would protect startups.

Finance Minister Bill Morneau said he will soon release details about the commitment. The government is expected to release its first budget mid-March.

While Shopify continues to grow its revenues, Lutke said it will focus on taking advantage of opportunities to grow before posting profits late next year.

"We think Canada needs a tech company of the size that America produces and that's what we are aiming for," he said.

Shopify provides services to more than 243,000 small- and medium-sized customers in 150 countries. It has more than 1,000 employees working at offices in Montreal, Toronto, Ottawa and Waterloo, Ont. THE CANADIAN PRESS



IN BRIEF

Canadian Tire's next move likely e-commerce: CEO

The next acquisition for Canadian Tire Corp. will likely be in e-commerce, says the head of the national retailer.

"We set a path for ourselves to be a leader in e-commerce in Canada and that's where we're heading," president and CEO Michael Medline said during a conference call Thursday. THE CANADIAN PRESS

Cosmetics company buys **Lise Watier Cosmetiques**

Groupe Marcelle Inc., a developer, manufacturer and distributor of cosmetics, has acquired Lise Watier Cosmetiques in a deal that includes an \$18-million investment by Quebec's pension fund manager. THE CANADIAN PRESS

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Tobi Lutke, CEO of Shopify. PAUL CHIASSON/THE CANADIAN PRESS

Your essential daily news

Weekend, February 19-21, 20

Metro POLL Where is it okay to smoke?

Visit metronews.ca to have your say.

New research shows indoor smoking bans like the one introduced in Ireland in 2004 do help reduce illnesses caused by second-hand smoke, which kill 600,000 people per year worldwide. Gone are days of smoking sections and billboards advertising "smooth" cigarettes, but 18 per cent of Canadians still take a puff at least occasionally, and there's controversy as to where they should be allowed to do it — indoors, outdoors, in public, in cars or not at all. We asked readers if the right to clean air should take priority, or if the "smoke free" movement has gone so far that it threatens individual freedom.

1 Should smoking be banned in indoor public spaces?



What's your experience with second-hand smoke?



3 Where should smoking be banned?

30% Indoor public places 25% In cars if children are present 17% In private homes if children are present 14% Outdoor public places 8% Literally everywhere. And let's ban tobacco too 6% Other

Let's have places (and rules) where it is specifically allowed. Adults-only places.

candle to all of the smog. It should be allowed everywhere except where there's a fire hazard.

Ban smoking in apartment buildings where smoke can get

into other units.

If you live in a city, second-

hand smoke doesn't hold a

WE ASKED Metro readers

Why show mosquitoes mercy?



The Zika virus should be called the sneaky virus.

In near-silence it ambushed the better part of a continent, infecting more than a million people in less than two years, mostly in Brazil. The majority got mild symptoms or no symptoms at all. And then the babies started being born.

There's very strong, but not yet conclusive, evidence that Zika exposure in utero can cause microcephaly - infants with abnormally small heads and brains. It's devastating, and it often isn't diagnosed until birth. Thousands of babies are believed to be affected, though the uptick may be partly because of more diagnoses and possibly other causes, including other viruses.

Pope Francis has indicated he may be OK with contraception for women at risk of Zika. In ultra-Catholic Latin America. That's how high the level of fear and anguish is.

And it's all mosquitoes'

fault. Aedes aegypti's fault, specifically. That's the invasive African species that transmits Zika, dengue and yellow fever.

Not even humans can hold a candle to the jerk-itude of mosquitoes. No other species has come close to causing as much human suffering and death - skeeters sicken hundreds of millions and kill 725,000 people every year.

So why let them live? Why not global annihilation? A high ecological price might be warranted in exchange for a world with no Zika or other mosquito-borne diseases.

Someone brings this up seemingly every time there's a major mosquito-borne outbreak. This time it was Daniel Engber of Slate, who called for "full-scale mosquito-cide."

Eradication, whether of a virus, an insect or anything else, is a seductive publichealth concept: It's simple, it's focused and it lends itself to goal-setting and international co-operation. And when it works, it saves not just the lives of people today, but billions of future people.

I want mosquito eradica-

tion to make sense, at least for aegypti, which isn't even native to the Americas. But there's no scientific consensus that it a) could be done, or that b) the environmental collateral damage would be worth it.

Problem A: Feasibility. You may have heard about a new high-tech, lethal anti-mosquito weapon: genetically modified male mosquitoes that mate with wild females and produce mosquito babies that can't survive. The UN supports this.

Though the technology is experimental, it's been shown to work: Aegypti has plummeted where such frankenflies have been introduced. But large-scale use would "take mind-boggling resources and billions of dollars," University of Winnipeg biologist Robert Anderson told me.

The frankenfly strategy would also have to be "militaristic," Anderson said. Homebody aegypti likes to cosy up to humans. It would rather roost indoors in a half-full water glass than a swamp. Modified mosquitoes would have to be released - continually released, remember, because

they kill themselves off - in and around homes. Logistical nightmare. Likely unpopular.

Problem B: Environmental impact. What would we miss in a biosphere without mosquitoes? Such science is speculative but the answer might be, "Eh, not that much."

Mosquitos go through drastic population fluctuations, so they're not usually an essential link in their local food webs. I asked Brock University ecologist Fiona Hunter about this, and she said aegypti can be erased from the Americas but other mosquitoes are still essential for biodiversity.

So where does that leave us in the Zika battle? Classic mosquito control: eliminating standing water and providing pesticides, repellent, bed nets, window screens and public education. It works OK. It's a pain, and it's expensive, and it means playing nice with our mortal enemy. But it seems the best weapon we have.

Genna Buck is a science writer and a section editor at Metro. Follow her on Twitter @genna buck.

ROSEMARY WESTWOOD

metroview

It was a relief to leave the gilded neverneverland of Saks

A trip to Saks Fifth Avenue, which unveiled its inaugural Canadian store in Toronto yesterday, begins long before you get there.

It begins standing naked in front of your thrift-store closet, fretting over an outfit. It's like dressing for a date with a wealthy man you may not like but are desperate to impress.

opt for all black, a cocoon dress over slim slacks, hoping the \$2 scarf around my neck has whiffs of 1970s Gucci, but I know I won't have the nerve to take my coat off under the bright lights of the three-floored jewel box. When I eventually glance at my reflection in one of the store's many mirrors and find eyeliner smudged down to my cheeks, it's proof to all those women flinging perfumed paper and macaroons at me that I'm an imposter. Then, a sleek-suited salesman for a French skincare line uses my mirror and checks his teeth.

I am not the only interloper: Tourists with backpacks, an aging biker-gang-styled guy and an elderly couple pulling a wheeled shopping bag wander past small, \$150 bottles of perfume from a rare made-in-Japan brand, Celine's \$2,500 horseshoe-shaped leather handbags, diamond rings and Prada sunglasses and bouquets of blush-coloured peonies.

Some - amazingly - are here to shop: buying purses

that appear from backrooms in red velvet bags; opting, from among more than 1,000 styles of shoes, for the pink, red, and gold-studded Valentino stilettos for \$1,500.

At the Carolina Herrera and Oscar de la Renta boutique, I pause to finger an otherwise out-of-reach voluminous evening skirt: \$3,790.

Those with money to spend exclaim, "Absolutely gorgeous!" Important-looking people talk with TV-news crews, while an orchestral rendition of Somewhere Over the Rainbow, of all songs, floats between racks.

For me it's aspirational, but luxury shopping is a growing reality for some. Saks has plans for dozens more stores across the country and Nordstrom is also expanding north of the border, all while luxurybrand flagship stores pop up.

I typically steer clear of such spaces, not just because I can't afford what's inside, but to avoid feeling even schlubbier than I already do. So it was a relief to leave the gilded never-neverland, and step out into the sharp winter cold.

The Saks Fifth Avenue awnings dripped melted snow onto sidewalk crowds. People slipped into the subway or begged for change. I left without those \$775 Manolo Blahnik floral pumps, but I did stop by The Bay's repair shop to get my watch fixed, for

PHILOSOPHER CAT

by Jason Logan

ONE HALF OF



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Toronto-born Stephan James plays the legendary 1936 African American Olympic track-and-field gold medallist Jesse Owens in Race. CONTRIBUTED

BIOPIC

Canadian plays iconic Olympic athlete Jesse **Owens in Race**

Richard Crouse For Metro Canada

In the film Race, Toronto-born actor Stephan James plays the greatest and most famous athlete in track and field history. But, when he was approached about the part, James wasn't sure exactly who Jesse Owens

"When I got that call that

they're making a Jesse Owens biopic I scratched my head a little," the 22-year-old says. "He won those gold medals, right? How many did he win again? I didn't know how many he won or where he won them or under what circumstances or when this all took place."

He quickly learned about Owens's early career, the Ohio State races that made him a legend and how an African American runner stared down Hitler by winning four gold medals at the 1936 Berlin Olympics.

"After reading the script and researching his life to find out the backstory I was literally blown away. Blown away that this had taken place almost 80 years ago."

The film documents 28 turbulent months in Owens's life, from just before he enrolled in university to the Olympics where, ESPN would later say, the runner "single-handedly crush[ed] Hitler's myth of Aryan supremacy."

Jason Sudeikis, who plays Owens's college trainer Larry Snyder, says he wanted to make the movie because "it didn't lean on any one thing. It was bigger than just a sports film. It wasn't pontificating, we didn't treat Jesse with kid gloves and only as an icon. We can't have all our heroes with giant hammers and capes. While that is good at the box office and for people with stock options I don't know how good it is for little boys and girls who think





We got to show the humanity behind [Jesse Owens], we see him warts and all.

Jason Sudeikis, who plays Owen's trainer

that is the only way they can become a hero. We got to show the humanity behind him, we see him warts and all. You see his petulance, you get to see his indecision, you see him make horrible missteps as a husband and father, and yet all through that adversity he has the humility and integrity to correct those mistakes. That is just as heroic as whipping Hitler's buns for four gold medals."

James, who was recently seen as civil rights leader John Lewis in the critically acclaimed Selma, felt the weight of playing a legend on screen.

"It is one thing to be leading your own film," he says. "To be number one on that call sheet. to know you have the biggest workload, to know that there are millions of dollars and ideas on your head. It's another thing to play Jesse Owens, the icon,

the man, the myth, the legend. A guy who is not only a pivotal person in American history but world history, so I knew I had my work cut for me. The pressure was there. Obviously he's not alive but his family is and have been very much involved since the beginning. There is a certain responsibility to play a real character, of course, but the great Jesse Owens is a whole other thing."

After starring as Owens in Race, James has his sights set on playing another kind of hero. "I want to play Spider-Man," he says. "I think that would be dope. I've always wanted to play a superhero but Spider-Man is so cool, so unassuming. I think I can relate a little.'

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Black magic and 17th century feminism

Robert Eggers cast a spell on critics with The Witch

Steve Gow For Metro Canada

Filmmaker Robert Eggers is winning awards and getting a lot of attention for crafting what's quite possibly Hollywood's very first feminist horror film featuring 17th Century New England pilgrims.

"I think it's just something about the zeitgeist and I'm lucky that witches are in the air," explained Eggers during an interview about The Witch and its accumulating acclaim.

"Two years ago, people

might've just gone 'it's just some weird pilgrim horror movie, (screw) that."

Of course, The Witch isn't just a "weird pilgrim movie." In fact, the thought-provoking drama about one puritan family's brush with black magic is a visuallystriking authentication of the witch archetype and it's manifestation of "men's fears, desires, ambivalence, fantasies about women and female power" in the 17th Century.

But the film also "strangely (represented) women's fears, desires, ambivalences about motherhood in this extremely male-dominated society," added Eggers. "And the shadows of that still exist today."

A far cry from the popularized green-skinned caricature in a pointy hat from Broadway musical Wicked or even the Hollywood classic The Wizard of Oz, Eggers' witch dares to demonstrate that even though his

OPENING

film is set nearly 400 years ago in the forests of New England, it's still an important parallel to society's modern perceptions of women.

"I wasn't trying to go at this with any sort of social, political, religious angle or agenda but when you read the primary source material, feminism is just bursting out all over the place," said Eggers. "I mean, as a collective cultural conscience, actually claiming female power in a positive way is something we're still struggling with."

Underlining the drama with such subtext may have been the more manageable task for the Sundance Film Festival winner for Best Directing. In fact, attempting to capture the 17th Century on celluloid seemed to be the more considerable challenge.

"Puritans were not into art so



The Real World Witch

"In the 17th Century, the real world and fairytale world were the exact same thing," said Eggers. "If you called someone a witch, you really believed this person was capable of doing all the horrific, primal things that the witch in my film does."

there's not a great painting tradition from the period," explained Eggers of the largely uncharted look and feel of the era. "But we feel confident, even if this isn't the most accurate version, certainly this is our best - given the most up-to-date research. I mean, we screened for colonial historians and they gave it a thumbs up."



Anya Taylor-Joy stars in the pilgrim horror movie The Witch, in theatres today. CONTRIBUTED



When you read the primary source material, feminism is just bursting out all over the place.

Director Robert Eggers

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Risen, opening this weekend, tells the tale of a Roman Centurion tasked with quelling reports of a risen Messiah. CONTRIBUTED

From scripture to the big screen

There is a right way to make a good Christian film

Richard Crouse



In 2006 Entertainment Weekly rated The Passion of the Christ Mel Gibson's gritty and gory account of Jesus Christ's final 12 hours leading up to his crucifixion in Jerusalem — the most controversial movie of all time.

Its detractors noted historical and biblical inaccuracies and accused the film of being anti-Semitic and excessively violent. Despite the cries of critics, the film became the top-grossing Christian movie ever.

In fact, it was something of a miracle at the box office, earning \$611,899,420 worldwide in its original release.

Since then there has been a trickle of films aimed at a Christian audience, some successful. some not, some controversial, some not.

Passion had a great marketing strategy coupled with enough controversy to get people interested to see what all the fuss was about.

This weekend Risen looks to the bible for inspiration. Playing like an unofficial sequel to Gibson's film, it tells the tale of the Resurrection from the perspective of Clavius (Joseph Fiennes), a Roman Centurion commanded by Pontius Pilot to quell reports of a risen Messiah and thwart an insurrection in Jerusalem.

The film, directed by Waterworld helmer Kevin Reynolds, appears to have skirted around controversy by telling the story from the point of view of a fictional and non-believing character. The studio is quick to note, however, that the script is a "faithful scriptural treatment of the story."

The secret to success for a Christian-themed movie lies with the filmmaker's ability to translate the scripture to the screen.

"Christians like a well told story," War Room director Alex Kendrick, who, with his brother Stephen have been labelled the "Steven Spielbergs of Christian cinema." Their movie toppled Straight Outta Compton for the number one spot at the box office last year.

"What we don't like is when our saviour's name is abused or taken in vain or our morals trashed, so that keeps us away

from many movies."

Recently Noah, starring Russell Crowe as the arc-building prophet, angered some Christian groups for not being reverent enough. Director Darren Aronofsky called it the, "least biblical biblical film ever made," and a studio press release admitted, "artistic license has been taken."

The Christian community has met other films with open arms. Catherine Hardwicke's The Nativity Story drew on the gospel of Matthew for the story of the Immaculate Conception and while it wasn't the box office bonanza that made Passion headline news, it made money and skirted around controversy.

In 2004 Christian films were popular enough to garner a category at the irreverent Mexican MTV Movie Awards. Up for Most Divine Miracle in a Movie was the water into wine sequence from The Last Temptation of Christ; Passion's Christ healing Peter's injured ear scene; and the part in Bruce Almighty where Bruce causes his girlfriend's chest to grow several sizes. Mexican audiences voted and Bruce Almighty's miracle took the prize.

MOVIE RATINGS by Richard Crouse

Race *** Risen ** The Witch **** Touched With Fire *** **HOW RATING WORKS** **** SEE IT *** WORTHWHILE UP TO YOU SKIP IT





A princess in training

Sick of running through the sleet and snow? Then go to Disney. The company's resorts offer a number of marathons throughout the year to make running even more fun. Writer Jennifer White shares her last-minute prep for this weekend's Princess Run in Florida.

Jennifer White

Torstar News Service

Anything worth doing is worth doing poorly, in a rush, while complaining. As an Olympic-level procrastinator, this strategy has steered me through the most stressful of life experiences (ask me about my master's thesis one day).

But when I found myself a mere four weeks before the Feb. 21 halfmarathon at Disney World with no significant training in months, I wanted to run. Away.

My knee injury (and IT band tightness and hip inflexibility and everything my Mamma gave me) had not just crimped my running-plan style, it had shrunk my training window to insignificance.

But after being poked, prodded, stretched, strengthened and, finally, braced, I was literally back on the road. I had no idea how to get where I wanted to be (again, uncannily like that thesis) and was desperate to find some way, any way, of making it to the finish line. Because what lay ahead could be a veritable Turducken of embarrassment; a lack of training wrapped in injury-plagued luck, nauseatingly stuffed inside a high-stakes social experiment that (apparently) people are reading about in a national newspaper.

I felt awesome. And by awesome I mean sick. That's when I called a Hail Mary. I scoured the Internet for tips from people who were underprepared to run such a distance, trying to find the best ways to do no harm to myself, finish in the upright position and still have enough gas in the tank for a few jars of celebratory ale

at the finish line. After collating all of the best plans from the brightest running minds around, I whipped and frappéed them into the singlebest Hail Mary running plan in the entire universe, the core principles of which boiled down to one guiding rule: Do Your Best.

My focus turned first to endurance. If I was going to have the fortitude to walk 21 kilometres, let alone run it, I needed to get my heart a-pumping again. Mondays were 30 minutes of medium-intensity intervals, combined with short bursts of powerful sprints in order to prepare best for the outlay of power necessary during the race. Wednesdays featured an "at-half-marathon-pace" run for 30 minutes. And the weekend heralded a slower-than-molasses long run where I would delicately plod my way through an increasingly mind-numbing distance until I either hit the magic 16-kilometre mark a week before the race, or crumpled into the fetal position.

But wait, there's more! Tues-

days, Thursdays and Fridays held a variety of Herculean tasks. This chocolate box of unlimited delights included cross-training, cycling, swimming and my personal (absolutely opposite of) favourite, yoga. On one particularly painful run, I wondered if this was all worth it. But while in the middle of a sprint, I took a moment and looked down at myself. I saw a strong, powerful woman. I saw that she was running her guts out in the middle of an Ontario winter. And I saw that she was dressed head-to-toe in her ridiculously elaborate Disney half-marathon costume, just to make sure it didn't chafe on the big day. If I can do what I've done while dressed as Ursula, the villainous sea-witch in The Little Mermaid,

Percentage The number of female of participants participants in in the 2015 the Princess **Disney Princess** marathon Half Marathon, making it one of the largest female-focused

Number of countries runners come from

events in the U.S. COURTESY TODD ANDERSON

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ASIAN FESTIVALS THAT SHOULDN'T BE MISSED

A continent renowned for its beguiling array of cultures, Asia hosts a myriad of festivals. Each marked by their own traditions and activities, these annual celebrations make for wonderful tourist experiences. Whether water fighting in Thailand or sending lanterns afloat in Myanmar, you can take part in these festivals in 2016. TORSTAR NEWS SERVICE



Poya festival (Sri Lanka)

While many major festivals in Asia are annual, the Poya festivals in Sri Lanka coincide with each full moon, meaning they number at least a dozen per year. These Buddhist festivals are public holidays and derive from the belief that Buddha wanted his followers to carry out significant spiritual activities on the day of every full moon. Many worshippers don white clothing and visit Buddhist temples or shrines to join ceremonies and make offerings. There also are street parades involving music and children dressed in traditional costumes.



Songkran (Thailand)

Few festivals in Asia encourage the participation of tourists as readily as Thailand's nationwide Songkran water festival, which marks the Thai New Year on April 13. For three days each April, Thai cities, towns and villages switch into party mode as their streets swell with local and foreign revellers dousing each other with water.



3 Bonalu (Hyderabad, India)

Smeared in body paint, men writhe and groan in an apparent state of trance. Next to them, a line of women wearing saris sway while balancing ornate pots upon their heads. This group forms a procession along the stone paths which lead through ancient Golkonda Fort. It is a fascinating manner in which Hindus give thanks to the Goddess Mahakali every July.



Loi Krathong (Southeast Asia)

The serene experience of lighting a lantern and setting it floating down a river, across a lake, into the ocean or up into the sky is the key activity of this Buddhist festival that takes place on Nov. 15. The act of sending these lanterns on their way symbolizes the disposal of one's bad luck for the previous year. It is celebrated in Thailand, Myanmar, Malaysia, China and Vietnam.



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David Price made his first big-money throws of spring training as Red Sox pitchers and catchers reported to Fort Myers, Fla.

Hurricanes done in by Moncton's aggression

NBL CANADA

Miracles grind out a win on Halifax hardwood



Kristen Lipscombe Metro | Halifax

Halifax Hurricanes point guard Justin Johnson had one word to sum up how he thought his team played against the Moncton Miracles in National Basketball League of Canada action Thursday night.

"Terrible," the six-foot-two, 175-pound Hurricanes rookie from Anaheim, Calif., said following a tough 98-93 loss on home court at the Scotiabank Centre.

"We had a lot of turnovers and it just caught up to us at the end," Johnson, 27, said during a brief break from signing autographs for fans eager to greet their local players despite the final score.

"I thought we were going to come back in the second half," he said. "But they just played harder than us."

In their sixth meeting of the 2015-16 season, Thursday marks the only time Halifax has fallen to Moncton.

Nevertheless, the Canes remain atop the league's Atlantic Division standings, with a 12-5



Halifax Hurricanes power forward Kyle Hunt charges into Tom Granado of the Moncton Miracles during National Basketball League of Canada action Thursday night at the Scotiabank Centre. JEFF HARPER/METRO

record. The Miracles are third in the four-team division with a 7-11 record.

"They were just more aggressive," Johnson continued. "They were denying passes and we weren't attacking like we normally (would)."



We've just got to play together.

Hurricanes point guard Justin Johnson For his part, Johnson led Halifax with 21 points, sinking a shot from beyond the arc down the stretch, while also adding three assists and snagging four rebounds.

Forward Mike Glover scored 17 for the Cane with two assists



The Halifax Hurricanes hit the Scotiabank Centre court again Friday night to face the fourth-place, Charlottetown-based Island Storm. Tip-off is once again at 7 p.m.

and six rebounds.

Halifax seemed to have trouble from the start Thursday, and was already trailing 24-17 by the end of the opening quarter.

A short-lived, mid-game comeback put the Hurricanes up 46-35 at halftime, but the Miracles took over the court, notching 35 points in the third alone to regain a 70-62 lead heading into the fourth quarter.

Although the Hurricanes appeared to step up the effort in the final frame, even tying it up at 83-apiece on two good foul shots from Anthony Criswell with just 1:52 left on the clock, there just wasn't enough time left for Halifax to come back again.

Several late-game foul shots sealed the deal for the Miracles, prompting frustration from Hurricanes coaches and players and several rounds of booing from the crowd.

"You can't really worry about the calls too much," Johnson said. "They were just being more aggressive; that's why they got the calls."



Sens have something to build on for stretch run

Cody Ceci scored the winning goal early in the third period Thursday night as the Ottawa Senators defeated the Carolina Hurricanes 4-2.

Alex Chiasson, Zack Smith and Mark Stone, with an empty netter, also scored for the Senators (27-26-6). Craig Anderson stopped 30 shots.

It was one year ago
Thursday that the
Senators started their
remarkable streak that
saw them go 23-4-4 to
slide into the post-season.

Ottawa is six points back of the Tampa Bay Lightning, who hold the Eastern Conference's final wild-card spot.

THE CANADIAN PRESS

Caps top Isles in overtime Justin Williams scored 4:16 into overtime to lift the Washington Capitals to a 3-2 win over the New York

Islanders on Thursday night.

Alex Ovechkin scored twice in a 1:27 span early in the second period and Braden Holtby stopped 20 shots for the Capitals to get his league-leading 36th win of the season. The Capitals beat the Islanders for the third time in three meetings this season and ninth in the last 12 (9-1-2).

Washington, which leads the NHL with 88 points, won for the fifth time in six games and improved to 15-3-2 against Metropolitan Division teams.

THE ASSOCIATED PRESS

CHICI PAKE-OUT O VERV C. 1-9

Zachary Taylor of the Mooseheads hits Colin MacSween of the Screaming Eagles on Thursday night at Centre 200 in Sydney.

T.J. COLELLO/CAPE BRETON POST

GW1H

Screaming Eagles chase Herd with 9 goals

Hope for the Halifax Mooseheads to crack the Quebec Major Junior Hockey League playoffs continues to dwindle.

The Herd dropped a disappointing 9-2 loss to provincial rivals the Cape Breton Screaming Eagles on the road Thursday night, leaving them six points behind the Acadie-Bathurst Titan with just 11 games left on the regular-season schedule.

Close to 2,500 spectators in Sydney watched the home team dominate the Centre 200 ice. The Screaming Eagles scored goal after goal, including one on the power play and two shorthanded, in building a 6-0 lead late in the second period

Although second-year forward Brett Crossley was able to dash Cape Breton's hope for a shutout with a goal from the side of the net in the last 26 seconds of the middle frame, there was no coming back from that big early hole. Rookie defenceman Cooper Jones had Halifax's other goal, scoring off of a rebound early in the third.

A trio of third-period goals, including one with the man advantage, secured the impressive 9-2



The Mooseheads host the Charlottetown Islanders at 7 p.m. on Saturday and the Sherbrooke Phoenix at 3 p.m. on Sunday, with both games at Scotiabank Centre.

victory for the Screaming Eagles. Cape Breton forward Pierre-Luc Dubois was named first star of the game for his goal and

three helpers, forward Maxim

Lazarev received second star for

two markers and an assist and defenceman Duncan MacIntyre was third star with a goal and an assist.

The Mooseheads managed just 16 shots on net, with Screaming Eagles goaltender Alexandre Bélanger making 14 saves.

Halifax netminder Kevin Resop turned away 33 pucks.

The Mooseheads are 17th overall in QMJHL standings, with a 17-33-6-1 record, compared to a 30-22-5-1 record for the Screaming Eagles, who are in seventh place overall.

KRISTEN LIPSCOMBE/METRO

Canadiens head coach Michel Therrien wasn't happy with his star defenceman following Wednesday night's game against the Avalanche, DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Therrien slammed for pointing finger

Habs fans riled up after coach throws Subban under the bus

Debate raged Thursday on whether Montreal Canadiens coach Michel Therrien should be axed after he pinned the blame for his club's latest defeat on star defenceman P.K. Subban.

General manager Marc Bergevin's clear statement on Jan. 21 that Therrien will at least finish the season in Montreal has been put to the test as strident calls came for the fourth-year coach to be fired on social media, and in traditional media as well.

The Canadiens cancelled a scheduled afternoon practice, so no players or coaches were available for comment.

The team that began the season on a 19-4-3 tear has gone into a free fall and the discontent among fans spiked with a 3-2 loss to the Avalanche in Colorado on Wednesday night.

With about three minutes left and the game tied 2-2, Subban tried to go around Colorado's Mikhail Grigorenko, but was poke-checked and fell to the ice. Grigorenko started a three-man rush the other way that led to Jarome Iginla's gamewinning goal.

"The team worked hard. We deserved a better result," Therrien said after the game. "It's too bad an individual mistake cost us the game late in the

game." Asked to

elaborate, he said: "We believe that, as a coach, he (Subban) could have made a better decision at the blue line. He

P.K. Subban **GETTY IMAGES**

put himself in a tough position. We play as a team. When we don't we could be in trouble and this is what happened."

Subban said he didn't sense any danger on the play until he "lost an edge" trying to

🚹 POINT MAN

Subban, who leads Montreal with 44 points. one more than centre Tomas Plekanec, has been on the ice for 95 of his team's goals this season, fifth-best in the NHL. He has also been the team's hottest player, with 18 points in 21 games since Jan. 1.

beat Grigorenko.

"It doesn't happen to me too often but it sucks that that's the winning goal," he said. "If I do that play all over again and don't lose an edge, I probably take it down the wall and create something."

It led to a 3-on-3 situation in the Montreal end in which captain Max Pacioretty was caught covering no one as Matt Duchene fed Grigorenko, who slipped the puck to Iginla for a tap-in from the edge of the crease at 17:59.

THE CANADIAN PRESS

EUROPA LEAGUE

Manchester United rotten in Denmark

Manchester United's disappointing season hit a new low with a 2-1 loss at Danish champion FC Midtjylland in the Europa League last 32 on Thursday, with a pre-match knee injury to goalkeeper David de Gea adding to the fallen English giant's woes in the first leg.

Sevilla boosted its quest for a third straight title in Europe's second-tier competition by beating Molde 3-0, while there were also wins for Borussia Dortmund and Villarreal over Porto and Napoli, respectively.

Fiorentina and Tottenham



It's difficult to cope with such a list of injured players.

Manchester United manager Louis van Gaal

Winning the Europa League is regarded as United's best chance of returning to the Champions League next season, but that will be difficult after squandering a lead earned by Memphis Depay. Pione Sisto and substitute Paul Onuachu replied for FC Midtjylland, which was featuring at this stage in Europe for the first time and

playing its first competitive game for two months while on a winter break from domestic competition.

The club was formed in 1999 the year United won the Champions League-Premier League-FA Cup treble.

And it could have been worse for United, with goalkeeper Sergio Romero producing three stunning saves after being drafted in following an injury to De Gea in the warm-up. It adds to United's lengthy injury list that already contained 13 players, including Wayne Rooney, who missed the game after being ruled out this week with a knee injury.

"It's difficult to cope with such a list of injured players," United manager Louis van Gaal

The second leg is next Thursday at Old Trafford.

"Still we have a chance, I think," Van Gaal said. THE ASSOCIATED PRESS



Manchester United's Daley Blind, left, and FC Midtjylland's Pione Sisto vie for the ball in Hernin, Denmark, on Thursday. HENNING BAGGER/AFP/GETTY IMAGES

IN BRIEF

Curling Canada limits hair broom use to skips, thirds

Sensing trouble ahead for the season's marquee curling events, Curling Canada is limiting the use of hair brooms at the Canadian women's and men's curling championships.

The use of hair brooms will be limited to skips and thirds holding the broom in the house, and for sweeping stones that have passed the tee-line.

Skips can also use them to sweep tick shots on guards in front of the house. THE CANADIAN PRESS

Cavs acquire Frye in trade

The Cavaliers found a coveted wing shooter before the trading deadline.

Adding another scoring threat for star LeBron James, the Cavs acquired forward Channing Frye from the Orlando Magic on Thursday in exchange for centre Anderson Varejao, two people with knowledge of the deal told The Associated Press. THE ASSOCIATED PRESS

Obama fetes Blackhawks

U.S. President Barack Obama celebrated his hometown Chicago Blackhawks for winning another Stanley

Cup, calling the team's third title in six years an "amazing championship

Chicago defeated Tampa Bay last June. Its previous titles came in 2010 and 2013. THE ASSOCIATED

PRESS

Barack Obama GETTY IMAGES



Shamrock, Gracie renew 20-year rivalry



Royce Gracie and Ken Shamrock, top, fight during UFC 1 in Denver in November 1993, HOLLY STEIN/GETTY IMAGES

Veterans that helped sport grow to battle for last time

Ken Shamrock is ready to throw in the towel. He concedes he can't beat Royce Gracie.

"I can't run 20 miles," Shamrock said, laughing. "I can't beat him in a long-distance mile. I'd probably go two miles and be done."

Forget 20 miles, Shamrock and Gracie can boast of a longdistance MMA rivalry that has spanned more than 20 years and multiple organizations.

They are MMA cornerstones that lugged the sport out of the days of cock-fighting comparisons and into one of the biggest, baddest mainstream sports around. Shamrock and Gracie had two fights to remember.

The third fight might be the one that decides if there's still drawing and punching power left in the once fearsome fighters. Or if this upcoming bout is nothing more than a foolish cash-grab embarrassment for two men well past MMA retirement age.

Gracie returns to the ring for the first time in almost a decade

Royce Gracie

to fight Shamrock at Bellator 149 Friday night in Houston. The records matter less than the ages: Shamrock turned 52 last week and Gracie is GETTY IMAGES 49. They clashed at UFC 1 on Nov. 12.

1993. "Why are people so afraid of me fighting at my age when the reality of the situation is, it's about dollars," Shamrock said. "It's about doing what I love to do and getting paid for it."

Few would have predicted in '93 that Shamrock, Gracie and even MMA would have thrived

well into the 21st century.

Gracie choked out Shamrock 57 seconds into the first bout at UFC 1. Before main events were short enough to fit into Vines, the second meeting at UFC 5 on April 7, 1995, was a draw in a bout that lasted a whopping 36 minutes, with no round breaks.

Shamrock and Gracie would become the first UFC Hall of Famers. "He's the reason I was able to rise to the level that I rose," Shamrock said. "He was where I had to be in order to be the best in the world." Gracie said he'll fight at the same 180-pound weight he fought at UFC 1.

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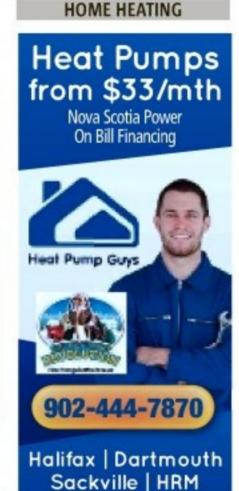
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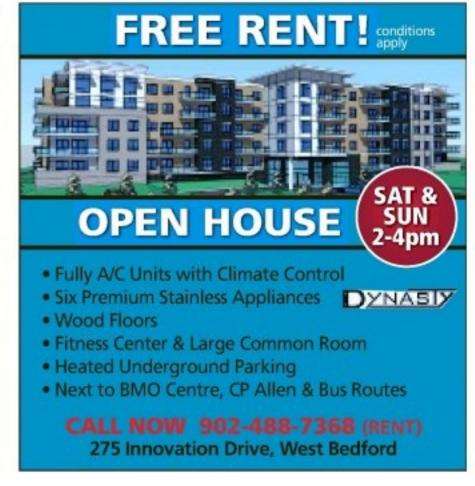
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Ceri Marsh & Laura Keogh For Metro Canada

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Ready in

Prep time: 10 minutes Total time: 30 minutes

Makes: 4 egg cups

Ingredients

- 4 slices of wholegrain bread
- · 2 Tbsp butter, softened 4 eggs
- Salt and pepper to taste

Directions

1. Heat the oven to 375 F.

2. Trim the crusts off of your bread. Use a rolling pin to flatten them and butter both sides of each piece. Press each thin slice into a muffin tin.

3. Bake in the oven for 10 minutes, or until the bread is golden brown. Remove from oven and place muffin tin on a cookie sheet - it will make getting your finished eggs out of the oven easier. Now crack an egg into each nest and sprinkle with salt and pepper.

4. Place it back into the oven for about 20 minutes, you want the yolks and whites to set but not get too hard. Remove from the oven and use a butter knife to pry egg bakes out of the muffin tin. Serve with a side salad.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS 1. 1918 Montreal-to-Toronto: _ JN-4 'Canuck' (Plane used for Canada's first official aerial mail delivery) 8. Purplish red 15. Nose spray brand Resistance to action 17. CRA = Canada Agency Cushion decorations Opposite NNW 20. 'Lact' suffix 21. Bitty Brit band 22. Gathered 23. Pro_(Proportionately) Febreze-using reason 27. Tricky 28. Discontinuity 30. Sharp-tailed _ (Saskatchewan's provincial bird) 34. 'Psst'-ing person 37. Poem comprised of lines from other poems 38. Basketball great, Ming 39. Ridiculous 41. Bamboozle 42. Optimist's opposer 44. 'Central' and 'Atlantic' in the National Basketball League of Canada 46. Ottawa-born singer/songwriter, Chante 48. Bird beak

49. Theatrical

prompt

16 18 19 21 20 24 29 34 35 36 38 39 40 42 43 44 46 48 51 52 53 58 60 64 63 66 67 69

50, Q. "Kermit, the Muppets character, what is he?" 52. Radar signal 54. Extinct bird 57. Lithium-_ bat-58. Conrad of Bravo police drama "19-2" 59. Pot cover

62. Indirect/slanting

64. Dinner party guest's gift, perhaps: 2 wds. 66. American roots music band that played with Jefferson Airplane: 2 wds. 67. Seventh or eleventh, for example 68. Ranks the tennis players again 69. Allocates

DOWN

1. 'Burned' computer discs, commonly 2. Scottish musician Midge's 3. Niagara ___ (National Basketball League of Canada team) 4. Blood-sucking bug's half 5. "Is __ over yet?" (That game is still

in overtime?) 6. Products by Canadian food brand Schneiders 7. Snick-or-_ 8. Referenced 9. _ clock 10. Natural _ Canada 11. "_. Doubtfire" (1993) 12. Detail

13. World's longest river 14. The Middle _ 24. Group of Seven painter Mr. Jackson, et al. 25. New store's 'grand' event 26. Deer sort 27. "Happy Baby" Canadian music trio 29. Dry 31. Gwyneth and Chris made headlines when they were 'conscious' about it 32. Masonry material 33. Long times 34. Klee _ (Emily Carr book) 35. West coast water ...en français 36. Cleave 40. Rabbits whilst eating 43. Smashing Pumpkins co-founder James 45. Henri's 'here' 47. More or less 51. Q. "Did U2 release '_' a single in 1992?" A. "Yes." 53. Cheryl and Diane 54. Jay of "Jerry Maguire" (1996) 55. Orchestra instrument 56. Mountain heights [abbr.] 58. Malayan sailing boat 60. __ uproar 61. Rocker Mr. Shannon's 63. 'Favour' finisher 65. Nintendo game console

*** IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20 The next few weeks won't be easy but try not to make them harder than they have to be. A lot will depend on your attitude, especially your willingness to rise to a challenge rather than be intimidated by it.

Taurus April 21 - May 21 The Sun in Pisces will boost your self-esteem and bring you into contact with people whose ideals mirror your own. But being challenged will inspire you to fight all the harder.

Gemini May 22 - June 21 This is an important time for career. You'll get opportunities to show what you can do. Seize them. If you let them pass you by they won't come around again for a long time.

Cancer June 22 - July 23 The Sun's change of signs will lead to a broadening of your horizons. Ideas that never meant much to you in the past will capture your imagination.

Leo July 24 - Aug. 23 It is unlikely you will be satisfied with superficial answers. You want - no you demand - to know what is going on beneath the surface and behind the scenes.

Virgo Aug. 24 - Sept. 23 Look for ways to co-operate with others today and over the weekend. Remember, too, that everyone has a good side and a bad side but the good side is always stronger, especially if it is given encouragement. Let people know you like them.

Libra Sept. 24 - Oct. 23 You dislike it when unexpected events disturb your methods and habits but that's too bad because there will be severe disruptions over the next few days. Don't get uptight, in the long-term it will do you good.

Scorpio Oct. 24 - Nov. 22 The Sun moves into the most dynamic area of your chart today and soon you will be moving so fast you will have trouble catching your breath. If you make an extra effort now you will reap rewards down the road.

▼ Sagittarius Nov. 23 - Dec. 21 It may seem as if the whole world is against you but nothing could be further from the truth. You are simply more touchy than usual. Stay calm.

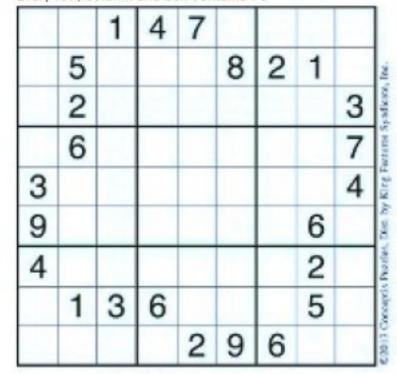
Capricorn Dec. 22 - Jan. 20 You will be on the move a lot over the next few weeks but today it will pay you to stay where you are. An extremely busy phase is about to begin and once you start you won't want, or be able, to stop.

Aguarius Jan. 21 - Feb. 19 The focus of your life is about to change, maybe a little, maybe a lot. One thing that will change is your finances which have been less than healthy. Essentials only from now on!

Pisces Feb. 20 - March 20 The time has come to show the world what you can do. You won't lack for energy or enthusiasm, so use them to pursue excellence in everything you do. You'll dazzle!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



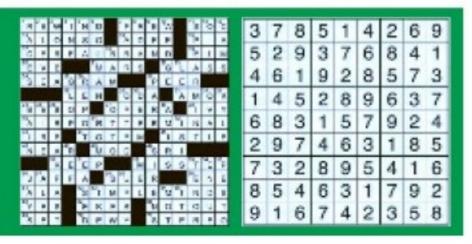
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